

NAME _____
JOB _____

HOW TO RELAX

REMEMBER THIS HOBBY

NEW HOBBY

ENDLESS DISTRACTIONS: Erase the Whiteboard. Erase a tick in the current clock. Write what pulled your focus away.

CAN'T DO THIS RIGHT NOW: Erase the Whiteboard. Pull a card to switch tasks. Pull a second one if you didn't switch.

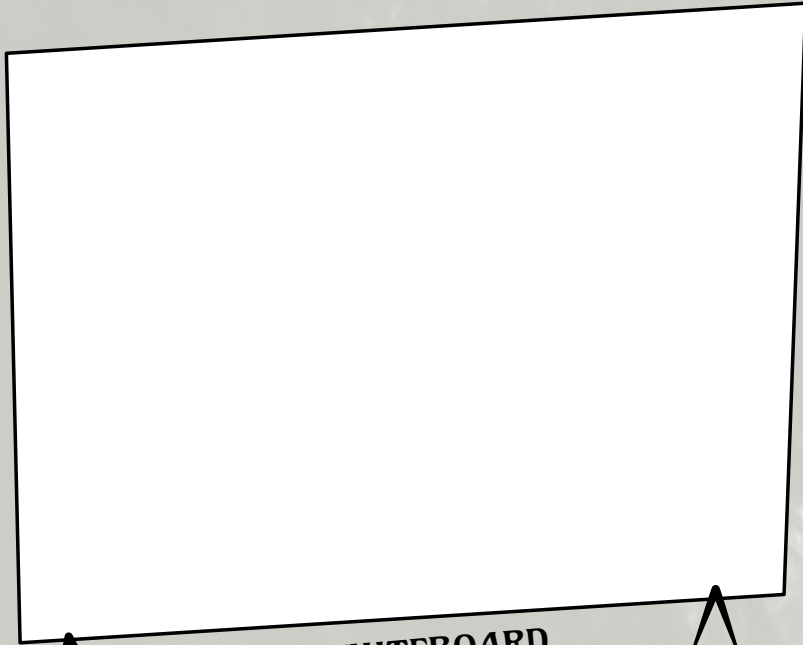
BRAIN DIE REFERENCE

SIDETRACKED: Erase the Whiteboard & pull a card. Mark 1 tick on the drawn task and switch, or stick to the current task.

SO MUCH TO DO: Mark 1 tick on task clock. Pull to switch tasks. Write what you accomplished, and what pulled you away.

FEELING PRODUCTIVE: Mark 1 tick on current task clock. Write your accomplishment.

BIG TIME FOCUS: Mark 2 ticks on task clock. Write what got you hooked.



THE WHITEBOARD

STEPS IN A DAY

1. Erase TODAY clock
2. Decide starting task: discard card of task's suit & shuffle the deck
3. Follow STEPS IN A ROUND

STEPS IN A ROUND

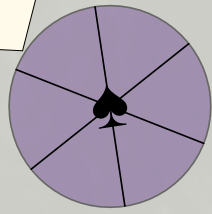
1. Divert attention to a different task?
 - Draw cards equal to number of unfilled steps in the new task. If any card matches suit, switch to the task as desired. If not, switch to most represented task or erase a step in its clock to continue to desired task
3. Remember the last thing done in this task?
 - If not, erase a tick in task clock
4. Roll the Brain Die and resolve it
5. Mark off the next tick in the TODAY clock
 - If ZZZ, mark Sleep Debt
 - If unable to, or you want to go to sleep, mark off the day in the week and follow STEPS IN A DAY unless Sunday is over

DON'T FORGET TO CALL

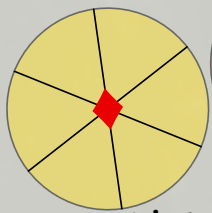
M

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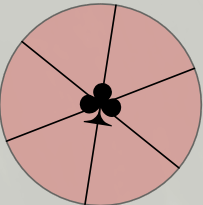
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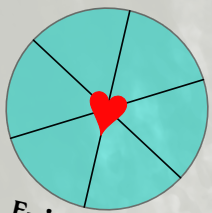
Work



Socializing



Chores



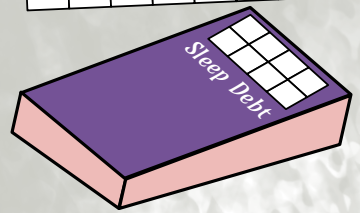
Enjoyment



TODAY

Week

M	T	W	Th	F	S	S



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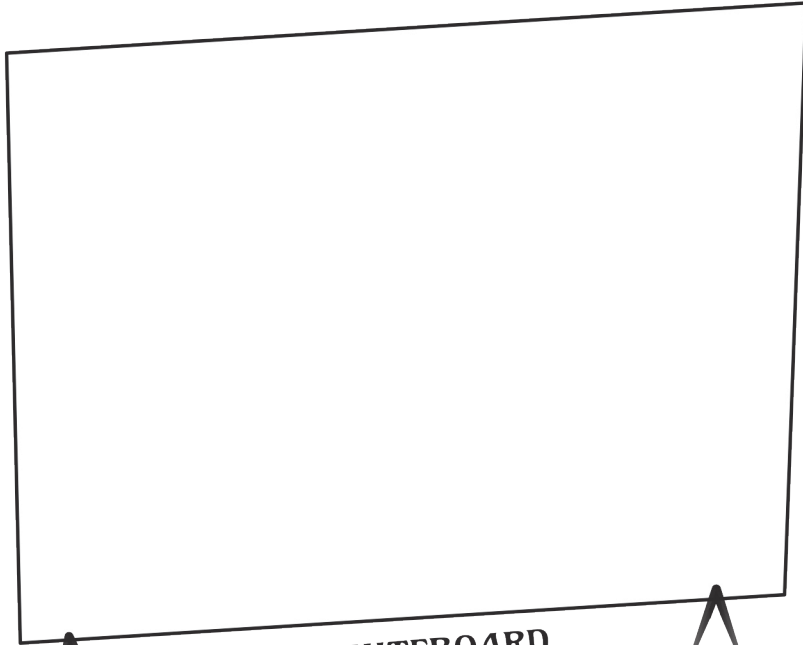
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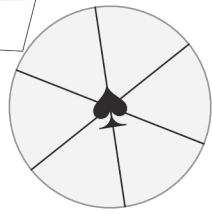
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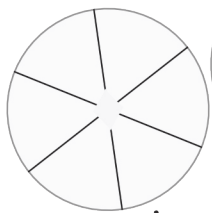
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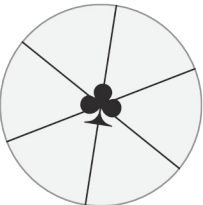
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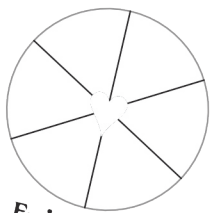
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Socializing



Chores



Enjoyment



TODAY

Week

M	T	W	Th	F	S	S
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